



VICTORY TIMES



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Telling the Multi-National Corps - Iraq story

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***Dining facility,
See Pages 4-5***



Photo by Pfc. Eric J. Glassey, 13th Public Affairs Detachment

Civilian contractors are in charge of preparing and serving meals to servicemembers at both the Coalition Cafe and the Sports Oasis Dining Facility. They are responsible for four meals a day; breakfast, lunch, dinner and midnight chow for those working late night shifts or out late on missions.



**New general officer,
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**Beware of bites,
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**Tongan coronation,
Page 8**

Chaplain's Corner

Like an instrument, life also needs tuning

By Chaplain David K. Trogdon
Task Force Troy chaplain

One of my goals during my deployment here in Iraq is to learn to play the guitar. Recently, I picked up a guitar and immediately noticed that it was horribly out of tune. Since I am new at this, I tried to tune it but ended up only breaking a string and giving up. That guitar needed a more skillful musician. An out of tune guitar sounds bad, is totally useless and is incapable of producing beautiful music.

Just like a guitar, our lives must be in tune for us to be truly happy, useful and productive. There are three main areas in life which we must keep in tune.

The first is our relationship with God. Do we have a strong faith in God? Is God the most important person in our lives? If not, then our hearts and lives are out of tune. Our relationship with God is foundational for all our other relationships in life. If we are not in tune with God, it will be impossible to be for us to truly enjoy life as we should.

Second, are we in tune with ourselves? Do we like what we see in the mirror? Are our lives free from guilt? Are we holding onto past hurts or failures? Are we fearful of the future? Do we feel more blessed or more stressed? Do our priorities reflect what is really important in life? Do we foolishly believe that life is all about us? Do we see ourselves as God

sees us and know that in His eyes we are beautiful, forgiven and perfect?

Finally, are we in tune with others? Is our marriage strong, our family life healthy? Do we have good friends who are always there for us and tell us the truth even when it hurts? Are we a true friend or "battle buddy" to others? Are we "playing well" with others?

Every area of our lives must be in tune in order for us to be joyful, peaceful and useful. What if we are out of tune? If we are only a little out of tune, we may be able to get back in tune on our own. If our lives are way out of tune, then we definitely need God's help and maybe some help from someone who knows a little something about life, perhaps maybe even your chaplain.

Hope springs on Victory

From left: Chaplain Mark Frederick, Multi-National Corps - Iraq operations chaplain; Chaplain Lane Stockeland, chaplain, MNC-I; Sgt. Maj. Monica Dixon, MNC-I chaplain sergeant major; Chaplain Pat Hash, officer in charge, MNC-I; Chaplain Warren Watties, MNC-I joint operations center chaplain; Brig. Gen. Daniel B. Allyn, chief of staff, MNC-I; Chaplain Joseph Hannon, Catholic chaplain, MNC-I, cut the dedication ribbon for the Hope Chapel during a special service at Camp Victory July 29. The chapel will provide a location for religious services, Bible study and choir practice. Hope Chapel took about four months to complete and can seat approximately 400 personnel.



Photo by Pfc. Eric J. Glassey, 13th Public Affairs Detachment



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The Victory Times welcomes columns, commentaries, articles and letters from our readers. Send submissions or comments to joy.pariente@iraq.centcom.mil. The editorial staff reserves the right to edit for security, accuracy, propriety, policy, clarity and space.



Top medical officer in Iraq garners first star

Story and photos by
Staff Sgt. Jeremy Crisp

MNC-I PAO

It wasn't until his high school years in Honolulu that Joseph Carvalho Jr. realized he wanted to be a physician.

Fast forward more than thirty years and that same man is the top medical officer in Iraq; one with a new star on his chest, as Brig. Gen. Joseph Carvalho Jr. was promoted July 28 to his current rank here, with his family witnessing via video teleconference.

"He's a one of a kind Soldier, and a one of a kind physician," said Lt. Gen. Lloyd J. Austin III, commander, Multi-National Corps – Iraq, who promoted Carvalho during the ceremony. "We are very grateful to have Joe on the team, and this is a promotion well deserved."

Carvalho, the Multi-National Force – Iraq and MNC-I surgeon, grew up in Kaneohe, Oahu, Hawaii, and said he was most happy with how proud his family is of his promotion.

"They (parents Agnes and Joseph Sr.) sacrificed an awful lot to prepare us for school and a life of service, so I'm happy to make my mom and dad proud," Carvalho said.

On hand to watch his promotion from Fort Bragg, from which Carvalho is deployed as part of the XVIII Airborne Corps, were several family members and Soldiers, including his wife Lorraine, son Joe and daughter Amanda.

Carvalho thanked his family for their dedication to him in his journey through the Army, in particular his wife.



Lt. Gen. Lloyd J. Austin III, commander, Multi-National Corps – Iraq, congratulates Brig. Gen. Joseph Carvalho Jr., Multi-National Force – Iraq and MNC– I surgeon, during a promotion ceremony held in Carvalho's honor July 28.

"I'm so grateful for my wife allowing me to stay in as long as I have, and thank you for your unconditional love; because Lord knows I've placed a lot of conditions on you over the years."

Carvalho, who is an Army Ranger and Special Forces Soldier, attributes the beginnings of his success to a man named Brother Farrell, who at St. Louis High School in Hawaii told Carvalho he could be anything he wanted to be.

"That's the first time anyone said anything like that to me," Carvalho said.

That's how his path to the medical field began. And while a member of the ROTC program at Gonzaga University, he realized where his career would take him.

"I realized that I hoped to be a physician, but I knew I wanted to be a career officer," he said.

He was helped along his path by mentors, officers, soldiers and NCOs – those of which he said he could only

repay by continuing his service.

"As far as the folks that have allowed me to see all the possibilities in life, or have encouraged, supported, coached, taught and mentored me – I can never repay them individually," Carvalho said. "But the way the Army works, the way I repay them, is to [mentor] the next generation."

Carvalho is a graduate of Gonzaga University, holds a doctoral degree from the Uniformed Service University of Health Sciences and is a graduate of the Army War College.

His most recent assignments include consecutive assignments at Fort Bragg starting June 2003 until present: deputy commander for clinical services, Womack Army Medical Center, chief, professional services, 44th Medical Command, commander, 28th Combat Support Hospital, surgeon, United States Army Special Operations Command; corps surgeon, XVIII Airborne Corps until his present duty position.

Dining facility staff works to

**Story and photos
by Pfc. Eric J.
Glassey**

*13th Public Affairs
Detachment*

An army runs on its stomach. If you have been to the Sport's Oasis dining facility, then you know the U.S. military is getting the fuel to run very well.

The Sports Oasis can and does feed more than 10,000 servicemembers and civilians every day.

Feeding this many personal requires 9 to 11 trucks every 3 to 5 days, said Staff Sgt. Keith Morrison, contracting office representative, Multi-National Corps - Iraq.

The Sports Oasis continues to provide personal in Iraq with good, healthy and morale boosting food with great quality service.

"The Sports Oasis is one of the best facilities in Iraq," said Warrant Officer Shurland Sunley,

command food service advisor, MNC-I. "It is one of the original dining facilities built in Iraq, and there are very few that can compare to the Sports Oasis."

The Sports Oasis, centrally located in the middle of Camp Victory, is as equally close to as many buildings as possible, Shurland said.

In addition to the 19 servicemembers who faithfully serve in the Sports Oasis, there are 239 non-military personal that are subcontracted from KBR.

"These civilians are from India and Africa, and they are highly educated individuals," Morrison said.

"They have to be to get the jobs."

So whether it is a hand-tossed salad or a scoop of ice cream, the Sports Oasis has what everybody needs to keep their spirits up and their engines running.



Drinks are restocked after each meal to always provide personnel with their choice of drinks. After each meal, all perishable food items are thrown away to provide the best quality of food and health standards, making the Sports Oasis one of the best dining facilities in country.

o keep servicemembers fed



The Sports Oasis provides one of the best morale boosters in Iraq, Baskin Robbins ice cream. Important frozen items such as ice cream are kept in freezers which average a temperature of 0 degrees Fahrenheit.



This group of civilian contractors is in charge of serving the food. After each meal they do an after action briefing on what they did well and what needs to be improved to always provide the best quality service at the Sports Oasis.

Get to know a Soldier...

Interview and photo by
Marine Cpl.
Frances L. Goch
MNC-I PAO

Pfc. Matthew
Cunningham

Unit: Multi-National
Corps - Iraq C5 plans
Job title: Information
management officer
Age: 37
Time in Service:
17 months
Family: Married
with two children

Hobbies: "Hunting, fishing,
shooting and spending time
with the family outdoors."

Person you most admire:
"My wife because she has
managed to put up with
me for the last 14 years."

Why you joined: "I believe
everybody should give
at least four years to civil
service in some capacity.
It gives a new perspective
and appreciation for
the freedoms we have
as Americans."

One thing you'd
change about the
Army: "The enlisted

promotion structure."

One thing you'd never
change about the Army:
"Everything must change
eventually or it stagnates
and rots away."

Goals: "To see a lot
more tomorrows."

Something you wish
everyone would do:

"Take responsibility for
their own actions."

Words of wisdom: "Make
time for what is truly
important because nobody
gets out of life alive."

Best thing about being
deployed: "A little



extra money and a
renewed appreciation
of friends and family."
Most exciting thing
you've ever done:
"Jumping out of
a perfectly good
aircraft. Airborne!"



Bites, scratches can be fatal



By Jesse Martin
Corps Safety Office

You may or may not have noticed but, there are many animals that occupy the same space we live in here on VBC. Some interesting looking creatures are roaming about, especially at night. Some cute, some ugly, and many are just dangerous. I have seen dogs, cats, foxes, jackals, mongoose, mice, rats, and bats just to name a few.

Please don't forget that Iraq is not the United States of America. There are many dan-

gers here that we don't think about back home. Contact with animals can be extremely dangerous and can even kill you.

None of the local animals should ever be touched, picked up, or fed by anyone (service-members, coalition forces or civilians). Many of these animals are carrying a very dangerous viral infection called rabies.

Rabies is 100 percent fatal once symptoms begin. The typical incubation period is 21-56 days, but can be as long as 180 days. Post exposure treatment and vaccination is available, but currently there is a world-wide

shortage and supplies are limited.

Rabies is contracted by animal bites or through animal saliva coming in contact with broken skin, the eyes or the mouth. If an animal bite occurs notify your health care provider, Preventive Medicine and Vet Services immediately.

Please inform all personnel that Multi-National Corps - Iraq General Order #1 prohibits adopting pets as mascots, caring for or feeding any type of animals here in the theater of Iraq. The risk of rabies is not worth the simple contact with the local population of animals.

Announcements

Supply career progression

The Victory Chapter of the National Property Management Association, the first international chapter to be formed by the NPMA, a leader in property and asset management is offering bachelor's and associate's degrees completely online. NPMA can meet your professional development needs through educational courses, training, and certification programs. For more information, email Monty Spicer at monty.spicer@gmail.com.

CISSP Exams offered

Posting of Certified Information System Security Professional (CISSP) Examination for interested military of civilian personnel. POC is Capt. Richard Y. Kofie, 822-5108.

Story ideas for Victory Times

Do you know of a good story on Camp

Victory that you think should be covered for the Victory Times? Please submit your ideas to Staff. Sgt. Joy Pariente at joy.pariante@iraq.centcom.mil. Please include any interesting facts about the topic and point of contact information.

R&R Briefings

Reunion and Suicide Intervention Briefings are at the Victory Chapel, Monday at 3 p.m., Wednesday at 9:30 a.m., Saturday at 3 p.m. All service-members who are going on leave or re-deploying must attend this briefing.

The Corps Report

The Corps Report has been scheduled to its new regular time slots of Monday at 4:15 a.m. eastern, 11:15 a.m. Baghdad and Sunday at 1:15 p.m. eastern, 8:15 p.m. Baghdad.

Women's Equality observance

In celebrating the 19th Amendment giving Women the right to vote, the Multi-National Corps - Iraq Human Relations Office will sponsor movie night for the month of August. Following the movie will be a discussion the theme of the movie.

August 1 – The Iron Jawed Eagles

August 8 – The Messenger

August 22 – The Color Purple

Movies will show 6:30 p.m. to 9 p.m. in the Al Faw Palace ballroom.

AFN Freedom Radio

Al Asad 107.3	Fallujah 105.1	Taji 107.3
Ali Base 107.3	Kirkuk..... 107.3	Tal Afar..... 107.3
Ar Ramadi.. 107.3	Kirkush..... 107.3	Taqquadum.. 107.3
Baghdad 107.3	Mosul 105.1	Tikrit..... 100.1
Balad 107.3	Q-West 93.3	All stations are FM

Camp Victory Bible Studies

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Women's Bible Study 7 p.m. Bldg 24F; Gospel Protestant Bible Study 7 p.m. Hope Chapel	Women's Bible Study 7 p.m. Bldg 24F	Young Adult Bible Study 5:30 p.m. Hope Chapel	Men's Bible Study 7 p.m. Victory Chapel; Spanish Bible Study 7 p.m. Bldg 24F	Foundations Bible Study, Mini Chapel 6:30 p.m.	SeventhDay Adventist 10 a.m. Victory Chapel	Men of the Bible Study 5 p.m. MLB Room, Oasis DFAC

Do you have an announcement about an event of interest to the Camp Victory community? Contact Spc. Samuel J. Phillips at samuel.phillips1@iraq.centcom.mil with the information. Information for community announcements needs to be submitted at least two weeks prior to the event to allow for timely publication.

Operating Hours

Coalition Cafe
Breakfast 5:30 - 8:30 a.m.
Lunch 11:30 a.m. - 2 p.m.
Dinner 5 - 8 p.m.
Midnight Dining 11 p.m. - 1 a.m.
Sports Oasis
Breakfast 5:30 - 8:30 a.m.
Lunch 11:30 a.m. - 2 p.m.
Dinner 5 - 9 p.m.
Education Center
8 a.m.-midnight
Camp Liberty Post Exchange
8 a.m. - 10 p.m.
Fitness Center
Open 24 Hours
Victory Main Post Office
Monday-Sunday 7:30 a.m.-5:30 p.m.
Saturday 8 a.m.-5 p.m.
Sunday 9 a.m.-3 p.m.
MNC-I STB Mailroom
9 a.m. - noon
5 - 7 p.m.
Al Faw Palace Post Office
Wednesday and Sunday
1-6 p.m.
Golby Troop Medical Clinic
Sick Call
Monday - Friday 7:30 a.m. - noon
Saturday & Sunday 9 a.m. - noon
Dental Sick Call
Monday - Friday 7:30 - 10:30 a.m.
Saturday 9 - 10:30 a.m.
Mental Health Clinic
Monday - Friday 9 a.m. - 4 p.m.
Saturday 9 a.m. - noon
Post-Deployment Health Briefings
Monday, Wednesday and Friday 1 p.m.
Pharmacy
Monday - Friday 7:30 a.m. - noon;
1 - 4:30 p.m.
Saturday & Sunday 9 a.m. - noon
Legal Assistance/Claims
Saturday-Monday 9 a.m. - 5 p.m.

Worship Hours

Victory Chapel (Bldg. 31)
Thursday
7:30 p.m. Latter Day Saints Seminary
Saturday
11 a.m. Seventh Day Adventist Service
8 p.m. Catholic Mass
Sunday
7 a.m. Liturgical Protestant Service
2 p.m. Latter Day Saints Service
4 p.m. Episcopal/Lutheran Service
Mini Chapel (Bldg. 24F)
Tuesday
7:30 p.m. Latter Day Saints Service
Wednesday
7 p.m. Men's Fellowship
Tuesday, Thursday, Friday
11:30 p.m. Roman Catholic Mass
Friday
1 p.m. Muslim Prayer Service
6:30 p.m. Jewish Service
8 p.m. Women's Fellowship
Sunday
8 a.m. Eastern Orthodox Service
10 a.m. Protestant Sunday School
3 p.m. Church of Christ Service
7:30 p.m. Latter Day Saints Service
Hope Chapel (Bldg 24B)
Monday
12 p.m. Charismatic Prayer Meeting
Sunday
8:30 a.m. Collective Protestant Service
10 a.m. Roman Catholic Mass
12 p.m. Gospel Service
6:30 p.m. Contemporary Protestant Service
Warrior Chapel (Camp Liberty)
Friday
6:30 p.m. Victory Base Open Circle

Tongans celebrate new king's coronation



Sipi-tau, a song performed as a dance, a form of Kailao, is often performed at celebrations, ceremonies and, for Tonga's national rugby team, before rugby games to intimidate opponents. It is being performed here by the Royal Tongan Marines deployed in support of Operation Iraqi Freedom in honor of their new king who was coronated Friday.

**Story and photos by
Marine Cpl.
Frances L. Goch**

MNC-1 PAO

It has been 42 years since the Kingdom of Tonga has had a new king, and from July 30 to August 1 normal life in the Kingdom of Tonga came to a screeching halt.

Tongan citizens celebrated with coronation balls, a military parade, traditional dancing, a fireworks display, a rugby match, an open-air concert and the coronation ceremony that took place on Friday. As the celebrations were under way in the Kingdom

of Tonga, 55 Royal Tonga Marines half a world away in Iraq came together to celebrate the coronation of their new king, King George Tupou V.

The Tongan Marines celebrated with a barbeque and performed traditional Tongan dances and songs, to include their warrior dance Sipi-tau.

"It is unfortunate that we are not home to celebrate the coronation," said Royal Tonga Marine 2nd Lt. Siaosikiu Kaho. "But we are proud to celebrate it while we are deployed here in Iraq."

The Kingdom of Tonga is the only true sovereign nation left in the Pacific islands and is the only kingdom to have never been conquered.

There are 600 Royal Tongan Marines and 55 of them are currently on Camp Victory on a six-month tour and with their replacements en route. More than one fifth of the Royal Tonga Marines' fighting force is dedicated to Operation Iraqi Freedom.

"I feel proud to be deployed to Iraq and serve my country of Tonga," said Royal Tonga Marine Lance Cpl. Tevita Tongatu'a.

Earlier in the month the Tongans were able to make a video of them performing traditional dances, songs and a birthday message to be played for the king, the video was broadcast on TV stations all over the Kingdom of Tonga.